WHAT IS CLAIMED IS:

1. A spine board comprising:

a sealed unitary board structure defining a board structurally adapted to transport a patient and having at least two pairs of hand holds, said unitary board structure being hollow;

foam contained within the entire of said hollow of said unitary board structure, whereby said foam is separated from said the exterior of said unitary board structure.

2. The spine board, as set forth in claim 1, wherein said unitary board structure comprises a first molded portion and a second molded portion secured to said first molded portion to define said board.

3. The spine board as set forth in claim 1, wherein said spine board includes a plurality of hand holds for lifting said patient by emergency personnel.

4. The spine board as set forth in claim 1, further including a plurality of submersion assisting slots through said board.

5. The spine board as set forth in claim 1, wherein said pair of hand holds is head end hand holds positioned transverse to a longitudinal axis of said board.

6. The spine board as set forth in claim 1, further including means adapted for receiving at least one kind of head immobilization device.

7. The spine board as set forth in claim 1, wherein a tail end of said board is tapered downwardly.

8. The spine board as set forth in claim 7, wherein a body of said board defines at least a rib on the lower surface of the board and extending downwardly there from, to act as a rest for the board when the board in placed on a surface.

9. The spine board as set forth in claim 8, wherein said rib extends downwardly a distance greater than the distance that the distal end is remotely vertically located from said bottom surface.

10. The spine board as set forth in claim 1, further including a plurality of side hand holds

respectively located longitudinally along the respective sides of said board.

11. The spine board as set forth in claim 10, wherein each of at least a pair of oppositely located side hand holds includes a clip-receiving pin located between opposed surfaces of said side hand holds, said pin being made of the same material as said spine board and molded integrally as to be part of the board itself.

12. The spine board as set forth in claim 1, wherein said board is characterized as free from metallic parts so that the board is X-ray translucent and/or radio translucent.

13. The spine board as set forth in claim 1, wherein said board is made from a thermoplastic material.

14. The spine board as set forth in claim 1, wherein an upper surface of said board has a cradle configuration to assist in locating said patient relative to the center of said board.

15. The spine board as set forth in claim 1, further comprising a coating to inhibit scratching of said tail end.

16. A method of making a spine board, comprising:

forming each of a pair of mating board portions together defining said board;

thermo-welding one of said pair to another of said pair to define a hollow unitary board structure;

injecting foam into the interior of said unitary board structure through in ingress opening, while providing egress for air from said interior, until said foam fills said interior completely, and

sealing said ingress opening after said foam has completely filled the interior of said board.

17. The method as set forth in claim 16, wherein the step of forming is a step of vacuum forming a thermoplastic material.

18. The method as set forth in claim 16, wherein, in the step of injecting foam, said foam adheres to the interior of said unitary board structure, said unitary board structure being corrugated or rough textured to

accept the foam, thereby avoiding delamination of the structure itself.

19. The method as set forth in claim 16, further including of positioning said unitary board structure in a secondary mold prior to injecting said foam.

20. The method as set forth in claim 16, wherein said foam is a urethane foam.